



Michigan Partners on the PATH

The Stanford Chronic Disease Self-Management Program in Michigan

What is it: PATH (Personal Action Toward Health) is Michigan's name for the Stanford Chronic Disease Self-Management Program. PATH is a six-week workshop conducted in two and a half hour sessions in community settings. The program was developed and tested by Stanford University to help people learn the techniques and strategies they need for the day-to-day management of chronic or long term health conditions.

Benefits: Program participants reported improved symptom management, communication with physicians, self-efficacy, physical activity, and general health compared to those who had not participated in the workshop.

Who should participate: PATH is designed to benefit adults with chronic or long-term health conditions including arthritis, heart disease, diabetes, emphysema, asthma, bronchitis and depression. Family members, friends, and caregivers are also encouraged to attend the workshop.

Program Features:

- Led by two trained leaders or master trainers who may themselves have a chronic condition.
- Workshops consist of people with many different chronic conditions.
- Content is not disease specific, rather it focuses on symptoms that are common to people with a variety of health conditions.
- Focuses on the process of becoming a better self-manager.
- Emphasis on creating personal action plans and setting practical, achievable goals.
- Participants will learn strategies & techniques to help them deal with problems such as frustration, fatigue, pain and isolation.
- Other topics include: Managing symptoms, Understanding medications, Working with a health care team, Problem-solving, Communicating better with family and friends, Relaxing, Eating well, and Exercising safely and easily.
- Workshops are offered in convenient, easily accessible community locations.
- Offered for free, or at very low cost.

PATH in Michigan: Multiple agencies are offering PATH workshops across the State of Michigan. In addition to the chronic disease version, partners are also offering Diabetes PATH, Chronic Pain PATH and Tomando Control de su Salud, a Spanish version of the chronic disease program.

For More Information:

Please visit the Michigan Arthritis Program's website (www.michigan.gov/arthritis) to find workshops or leader trainings in your area or contact Karen McCloskey at McCloskeyK@michigan.gov or 517-335-1236.